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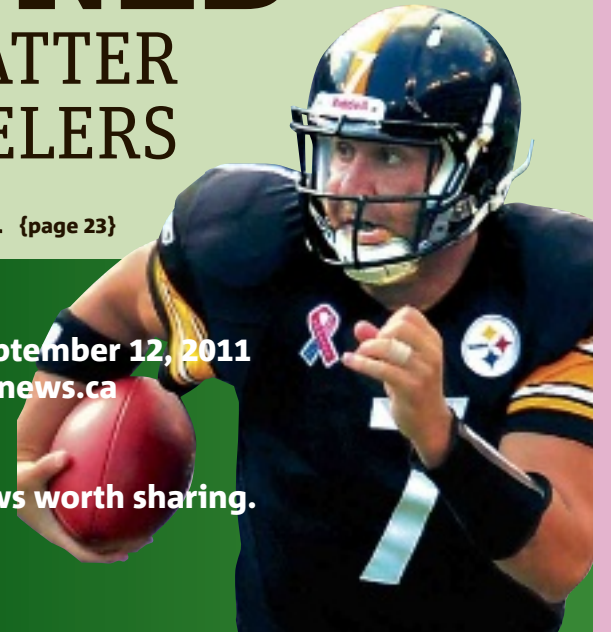


**9-11, 10 YEARS LATER
DAY OF MEMORIALS
ALSO SEES ANTI-U.S.
PROTESTS** {pages 8-9}

**HIGH-TECH SCHOOLING
EDUCATORS BUZZING
ABOUT USING VIDEO
IN CLASS** {page 19}



**STUNNED
RAVENS BATTER
RIVAL STEELERS
IN OPENER** {page 23}



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News worth sharing.

Ottawa remembers 9-11

► About 2,000 members of public attended tribute ► Ceremony began at 8:46 a.m., the time at which first plane struck World Trade Center's North Tower, Sept. 11th, 2001 ► 'Music is ... universal. We all lamented': Ottawa resident



Eva O'Grady felt goosebumps when an ambulance drove by the National Arts Centre, the sound of its siren intermingling with the rising crescendo of Barber's Adagio for Strings during the 9-11 Concert of Hope and Remembrance.

"It was a wonderful mix of music and terror," she said after yesterday's concert. "It was a historic telling through music." The sound of two local planes flying overhead late in the performance was similarly eerie.

The only difference is that today "we get to leave," said O'Grady.

Former prime minister Jean Chrétien, Foreign Affairs Minister John Baird and Mayor Jim Watson also attended the performance, along with representatives from the RCMP, National Defence and the Canadian Security Intelligence Service. Following the concert, Chrétien recalled the first public gathering immediately following the attacks was also

open-air.

"Rather than have a service in the church, we decided it was to be in the open. We were not to go into hiding — and we had 100,000 people on the Hill," he said, adding that the three minutes of silence that day were among the "most moving of my life."

Baird said the attacks, which killed nearly 3,000 people, including 24 Canadians, amounted to a "senseless act of horror."

"Many left behind still grieve for the loved ones taken from them, and today we stand with them in solemn solidarity. Sadly, the terrorist threat is still with us, still very real," he said.

Guest conductor Peter Oundjian and director Matthew Larkin led the NAC Orchestra and the Ottawa Cathedral Choir of Men and Boys through a six-piece set that was broken halfway through with a moment of silence.

"We all remember where we were on the morning of 9-11," said Oundjian. "Ten years later, we stand in solidarity with our neighbour and great friend, the United States of America."



► Members of the Ottawa Cathedral Choir of Men and Boys observe a moment of silence at the 9-11 Concert of Hope and Remembrance.

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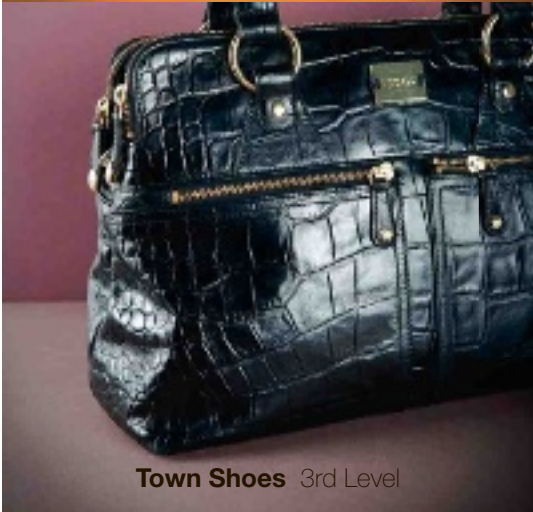
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► Gary Kendall's family receives an honorary helmet, plaque and salute yesterday at the Canadian Fallen Firefighters Foundation ceremony on Parliament Hill.



► More than 1,000 people attended the memorial.



► Bill Burns of the County of Brant Fire Department carries an honorary helmet.

ALL PHOTOS BY JESSICA SMITH/METRO

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news


Media coverage of 9-11 memorial ceremonies was at its most powerful in capturing small moments of grief and regret. Scan code for story.

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Jobs and how to create them will be front and centre in the minds of investors on both sides of the border this week. Video at metronews.ca

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To honour and praise them

► Eighth annual ceremony pays tribute to more than 1,000 Canadian firefighters killed in the line of duty since the country's first fire departments were created in the mid-1800s



JESSICA SMITH
@METRONEWS.CA

As people around the world remembered the New York firefighters killed in the terror attacks of Sept. 11, 2001, more than 1,000 people gathered on Parliament Hill to honour Canadian firefighters killed in the line of duty, 14 of them in the past year.

"Firefighters all around the world, no matter what

the danger, are always running in to help when everyone else is running away," said Robert Kirkpatrick, president of the Canadian Fallen Firefighters Foundation, which organizes the annual memorial. "Whether they're in large cities, such as New York, or a small community in rural Canada threatened by forest fire, they're always there to respond at a moment's notice."

About 800 firefighters,

honour guards and pipers stood in rows around hundreds of guests, with families of the fallen in the front row. Two fire trucks, with ladders extended, held up a giant Canadian flag as it blew in the wind.

Relatives of firefighters recently killed in the line of duty took turns standing to accept memorial helmets, plaques and salutes.

Myrissa Kendall was there for her father, Gary. As a volunteer firefighter

in Point Edward, he received two awards for going above and beyond the call of duty, as well as a medal for life-saving, before he died last year at the age 51.

"They were doing a mock training exercise in the St. Clair River and he got stuck under the ice," Kendall said.

The crowd and the attention would have embarrassed him, she said, but the emotional ceremony and support of the founda-

tion has helped the family.

Of the 14 Canadian firefighters killed in the line of duty in the last year, many died of work-related cancers and other illnesses — more than those killed in action, Kirkpatrick said.

The ceremony is always on the second Sunday in September, during the firefighters' memorial week. Next year the event will be held in LeBreton Flats, where a new national firefighters memorial will be unveiled.

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Husband, wife, son found dead

Police are investigating the "violent death" of three people whose bodies were found inside a Gatineau home Friday.

Police found the bodies of a husband and wife, believed to be in their 50s, and a man believed to be in his 30s, at 115 rue du Saguenay. Police made the grisly discovery after getting a call from someone who knew the vic-

tims.

Sgt. Mike Lachapelle said police believe the incident may have revolved around a family drama. He didn't rule out the possibility of a double murder-suicide, but says police are considering all hypotheses.

Police would not identify the victims Sunday. Police have yet to determine if the handgun they found at the scene was used in the crime.

The bodies have been sent to Montreal for autopsies. **JOE LOFARO/WITH FILES FROM THE CANADIAN PRESS**

Cycling to find a cure

More than 715 cyclists rode from Ottawa to Merrickville on Saturday in support of cancer research. The second annual Ride the Rideau, sponsored by Nordion, raised more than \$1.8 million for the Ottawa Hospital for clinical trials and therapies. **AMEN JAFRI**

Man's death mysterious

Provincial police and the coroner's office are investigating the sudden death of a man in Arnprior, west of Ottawa. Officers found the body of a 41-year-old man on Edward Street following an incident Saturday. The man has not been identified. **THE CANADIAN PRESS**

Questionable politics?



► Mayor Jim Watson

JESSICA SMITH
@METRONEWS.CA

Mayor Jim Watson has a list of questions for local candidates in the upcoming election — all involving big money for Ottawa.

"They're issues that were important to our council, but also ones that our taxpayers are interested in," he said.

He's hoping the candidate's will stick to their an-

swers. "If they're elected, there's some pressure on them to deliver what they answer in their questionnaire," he said. "It's also a bonus if their answer matches their political party."

One of the questions he asks is whether the candidate and their party would support paying \$600 million towards Ottawa's LRT — which Dalton McGuinty's Liberal government has committed to doing. The

► Ottawa's mayor wades into the election with a quiz for candidates

city plans to issue a request for proposal for the project later this year.

"We don't want to be surprised if after Oct. 6 a change in government means a change in funding," he said.

"For instance, in (PC leader Tim) Hudak's case, he's indicated he's going to cut 2 per cent out of every department except for health and education. So, two per cent of \$600 million is a lot of money," he added.

Watson was a Liberal minister, but says his political leanings didn't motivate his choice of questions. "They're all laid out in an objective fashion. We're writing to all the political parties at the same time," he said. Responses to the questions will be made public on Sept. 29.

Pop quiz

Mayor Watson wants to know if candidates and their party will commit to:

- **Paying about \$50 million** towards the plan to prevent sewage overflows to the Ottawa River.
- **Keeping the province's** commitment to pay \$600 million for the LRT project.
- **Paying the province's** share of \$1.4 billion Affordable Housing Framework, expected to net Ottawa \$25 million over the next three years.
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► Survivors use flotsam after a ferry sank between mainland Tanzania and Pemba Island.

HUNDREDS DIE AS FERRY SINKS OFF TANZANIA

More than 240 people were killed when a crowded ferry sank off Tanzania's coast and some 600 have been rescued, officials said yesterday, figures that indicate the boat was filled beyond capacity.

Assistant police commissioner Mussa Ali Mussa, the head of police in Zanzibar, said that at least 240 people died when the ferry sank early Saturday. His comments were broadcast by state-owned channel TBC.

Relatives had claimed 192 bodies and 28 more were awaiting identification yesterday, said Mohammed About Mohammed, the minister for state in the vice-president's office on the island of Zanzibar. He said around 600 people had been rescued so far and that the govern-

ment was still looking for the vessel's captain.

"The government is holding the chief engineer for questioning in order to gather details," said Mohammed. "The captain of the ferry is still missing and the government doesn't know precisely the owner of the ferry."

Survivors said the M.V. Spice Islanders, which sank near the tourist destination of Zanzibar, was well beyond its official capacity of 600 passengers. Many residents angrily asked why the boat had been allowed to leave port so overloaded.

The bodies were taken to a sports field, where imams said prayers. The government is paying for all funeral costs, Mohammed said. **THE ASSOCIATED PRESS**

Abducted B.C. toddler returned to family home

► Police searching for kidnapping suspect ► Three-year-old has limited verbal skills and will be unable to tell investigators about incident

Police say three-year-old Kienan Hebert was returned safe and sound to his own home four days after he was abducted in Sparwood, B.C.

RCMP Cpl. Dan Moskaluk said early yesterday that Hebert was returned by the suspect in the case after an emotional plea from his family.

"Kienan Hebert 3yr old Sparwood child is safe and sound," Moskaluk said via Twitter. "Within 12 hours of family plea for return, child returned by suspect."

At a news briefing later, police said someone called 911 and told authorities they would find the missing boy at the home from where he was abducted.

They believe the suspected kidnapper brought him back there. A search is now on for the suspect.

The house had been cordoned off and unoccupied since the family found the boy missing on Wednesday morning. They had last seen him when they put him to bed the previous evening.

"We're just asking, please bring Kienan to a safe place right now."

PAUL HERBERT, KIENAN'S FATHER, IN PLEA TO KIDNAPPER



► Three-year-old Kienan Hebert of Sparwood, B.C., has been returned to his family four days after being reported missing.

The boy's father, Paul Hebert, had a message for Kienan's suspected captor, who police allege is Randall Hopley, 46, a convicted sex offender.

"We just want him safe," Paul Hebert said on Saturday. "Kienan's only three years old right now and as you know and we know Kienan can't speak, so he

can't tell us who you are, right? This is your chance right now to get away. All we want is Kienan to come back with us and to be safe in our arms again."

Police said a second abduction attempt happened at another home on the evening Hebert went missing, when the suspect tried unsuccessfully to lure an-

other child out of the home.

Moskaluk wouldn't say when investigators discovered the other abduction attempt or the age or sex of the child involved. Hopley was convicted of sexual assault in the mid-1980s and was given a two-year federal prison sentence.

THE CANADIAN PRESS

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Anti-U.S. protests mar anniversary

The Sept. 11 attacks spawned many conspiracy theories around the world, especially among Islamists who allege American or Israeli involvement.

Malaysia's former prime minister Mahathir Mohamad, a vitriolic critic of the West, wrote on his blog that Arab Muslims are incapable of "planning and strategizing" such attacks. He added "it is not unthinkable" for former U.S. president George W. Bush to have lied about who was responsible.

In Pakistan, about 100 supporters of an Islamist political party staged anti-U.S. protests in Islamabad and Multan to mark the anniversary, holding up banners that repeated conspiracy theories. In Karachi, another 100 people protested the war in Afghanistan, launched in response to the attacks.

A few dozen demonstrators gathered outside the U.S. Embassy in London, with one group setting fire to a depiction of a U.S. flag during a minute's silence held to mark the moment when the first hijacked airliner hit the World Trade Center. A small group of Muslims staged a counter-demonstration nearby.

The Taliban marked the anniversary by vowing to keep fighting against U.S. forces in Afghanistan and saying they had no role in the Sept. 11 attacks.

Hours later, a Taliban suicide bomber in a large truck blew it up at the gate of a NATO combat outpost in eastern Afghanistan, killing two civilians and injuring 77 U.S. troops. None of the U.S. injuries were life-threatening, the Atlantic alliance said.

THE ASSOCIATED PRESS

► Robert Peraza, who lost his son Robert David Peraza in the attacks at the World Trade Center, pauses at his son's name at the North Pool of the 9-11 Memorial before the 10th-anniversary ceremony at the site yesterday in New York.



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JUSTIN LANE/POOL/THE ASSOCIATED PRESS

Sept. 11 anniversary marked worldwide

► From Tokyo to Sydney, formal ceremonies paid tribute to the nearly 3,000 who perished from more than 90 countries

A mother in Malaysia greeted her dead son. People in Manila left roses for the victim who helped give them homes. And mourners in Tokyo stood before a piece of steel from Ground Zero, remembering the 23 bank employees who never made it out alive.

A decade after 9-11, the day that changed so much for so many people, the world's leaders and citizens paused to reflect yesterday.

For some people, the pain never stops. In Malaysia, Pathmawathy Navaratnam woke up yesterday in her suburban Kuala Lumpur home and did what she's done every day for the past decade:

Wish her son Vijayashanker Paramsothy "Good morning."

The 23-year-old financial analyst was killed in the attacks on New York.

"He is my sunshine. He has lived life to the fullest, but I can't accept that he is not here anymore," said Navaratnam. "I am still living, but I am dead inside."

In Japan, families gathered in Tokyo to pay their respects to the 23 Fujitsu Bank employees who never made it out of their World Trade Center office. A dozen of the workers who died were Japanese.

Sydney resident Rae Tompsett, 81, said she's never felt angry over the

Terror arrests

► In a reminder that threats remain, Swedish police said four people were arrested yesterday in the west-coast city of Goteborg on suspicion of preparing a terror attack.

murder of her son Stephen Tompsett, 39, a computer engineer who was on the 106th floor of the World Trade Center's north tower when it was hit by a hijacked plane.

"No, not anger," she said. "Sorrow. Sorrow that the people who did this believed they were doing

something good."

The retired school teacher and her husband Jack, 92, were among more than 1,000 people who packed Sydney's Roman Catholic cathedral St. Mary's for a multi-faith service. **THE ASSOCIATED PRESS**

Japan remembers earthquake victims

Up and down Japan's devastated northeast coast, survivors prayed and communities came together yesterday to mark six months since the massive earthquake and tsunami struck on March 11.

At precisely 2:46 p.m., they stopped and observed a minute of silence.

THE ASSOCIATED PRESS

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EMPLOYMENT

Job woes at home and abroad

Jobs, or more aptly a lack thereof, will be top of mind among traders this week.

In the U.S., Americans are waiting to find out if Congress will pass President Barack Obama's job-creation act.

North of the border, Canadians will be warily watching for signs of a continuation of the job losses the country suffered in August.

Economists expect a lull in jobs growth will continue in the coming months after a much weaker than expected report on Friday showed 5,500 jobs were lost in Canada last month. The consensus call had been for the creation of 25,000 net new jobs.

THE CANADIAN PRESS

Federal data plan pricey: Report

An ambitious project to centralize the federal government's far-flung data centres will take at least a decade, and require up to \$278 million in new spending, an internal report concludes.

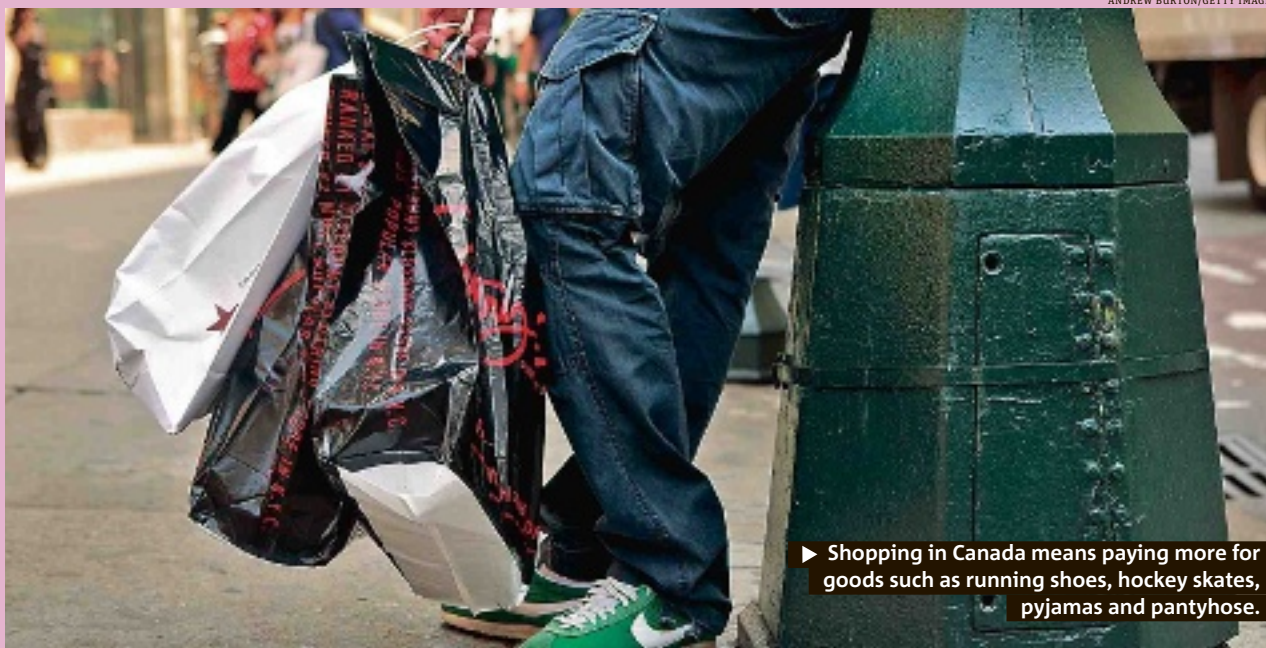
The findings raise questions about whether the far-reaching plan will help eliminate the federal deficit

by 2014, as promised by the prime minister, or simply aggravate Ottawa's money woes in the short term.

The report by PriceWaterhouseCoopers was commissioned by the Public Works Department to provide strategies for cutting 308 federal data-processing centres down to fewer than 20. THE CANADIAN PRESS

Canadians pay more premium on goods

- ▶ Hockey parents buying equipment 20%-45% cheaper in U.S.
- ▶ Senate committee to study price gap



ANDREW BURTON/GETTY IMAGES

▶ Shopping in Canada means paying more for goods such as running shoes, hockey skates, pyjamas and pantyhose.

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It's a fact of consumer life that buying in Canada means paying more than you would south of the border, with a so-called Canadian premium on everything from running shoes to hockey skates, from pyjamas to pantyhose.

Even the stronger loonie hasn't been able to overcome obstacles that include import tariffs ranging as high as 18 per cent, a number of higher fixed costs and, admittedly, the fact that retailers in Canada can simply get away with charging consumers more.

"The people who

should win from a stronger Canadian dollar are consumers," said BMO's deputy chief economist, Douglas Porter. "They don't feel that way.

"We have been above parity for basically all of 2011 and when you get to those levels it makes the price comparisons very straightforward and it's frustrating for consumers," said Porter, who has been tracking price differences between the two countries since the loonie soared in 2007.

A Senate committee plans to study the price gap, a process that will take time and could run

into 2012, which would miss the holiday shopping season.

Tariffs on most goods between Canada, the United States and Mexico were phased out under trade deals signed in the late 1980s and early 1990s.





But there are still import duties paid on some goods not covered by

these trade agreements as well as a range of clothing and sporting goods that come from other countries.

There's also the cost of doing business in Canada, which adds to the price of goods, said marketing professor Ken Wong of Queen's University in Kingston, Ont.

THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas
			
- 296.41 (12,387.54)	- 0.81¢ (100.40¢ US)	- \$1.81 US (\$87.24 US)	\$3.915 (- 6.5¢) Gold \$1,859.50 (+ \$2.00)

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URBAN COMPASS

STEVE COLLINS
METRO OTTAWA



You could be forgiven for not greeting the latest infestation of election lawn signs with anything approaching enthusiasm. It's been a marathon stretch at the polls, after all, with municipal, federal and now provincial votes all squeezed into just under a year.

The provincial campaign only began officially last week, but we've seen already several months of partisan squabbling, with local designated hitters like Liberal Bob Chiarelli and PC Lisa MacLeod trading barbs tirelessly. MacLeod also managed to get kicked out of the legislature for calling Finance Minister Dwight Duncan a liar.

Some local battles, like those for Ottawa-West Nepean, where Chiarelli squares off against Tory Randall Denley, the ex-Ottawa Citizen columnist, and Ottawa Centre, where Liberal party president Yasir Naqvi faces a challenge from the NDP's Anil Naidoo, could be some of the closest and hardest-fought of the campaign.

"In last fall's municipal election, voter turnout, after setting a record high (yes, high) of 54 per cent in 2007, sank to an unimpressive 44 per cent."

It's not all non-stop thrills. In Ottawa-Vanier, which has consistently voted Liberal since approximately the Bronze Age, some voters may wonder why they bother. Still, PC

candidate Fred Sherman's campaign workers have plastered the riding with signs and were out door-knocking weeks ago.

Will the voters show up? Recent history suggests, well, sort of.

In last fall's municipal election, voter turnout, after setting a record high (yes, high) of 54 per cent in 2007, sank to an unimpressive 44 per cent. This spring's federal campaign drew a less-depressing 61 per cent turnout this spring, a mild improvement on 2008, which saw 58.8 per cent of us, a historic low, bothering to cast a ballot.

Provincial voter turnout last time around was 52 per cent, a record year for electoral indifference in Ontario.

Elections Ontario has tried to make it as easy as possible to vote, allowing voting throughout the campaign instead of just Election Day, and providing new assistive technology for the disabled, but only you can ultimately decide if it's worthwhile.

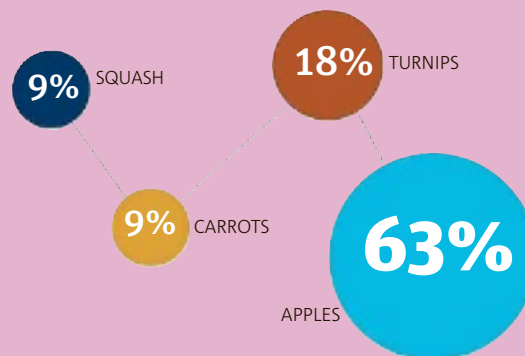
If you care about what happens in your city, then it certainly matters who's representing you at Queen's Park. As local candidates weigh in on everything from light rail to the question of whether the Ontario Municipal Board, which regularly overturns city council decisions, needs reform (or abolition), it becomes clear that not much can be done here without co-operation from Toronto.

So try your best to follow one more campaign, cast the best vote you can, and then enjoy a break from electioneering politicians at your door until 2014.



Register at
metropolitanpanel.ca
and take the quick poll

What is the best fall vegetable/fruit?



Letters

RE: *The Lessons of September 11, 10 Years On*, published Sept. 9-11

You have failed to mention the hundred of thousands of civilian casualties, the millions of displaced persons, and the vast economic, agricultural and emotional devastation inflicted by our hands on others (namely Iraqi and Afghani civilians) in this "war on terror."

I guess we have not yet learned the lesson to look beyond ourselves. I was also wondering how the thinking that the U.S. depends on Middle Eastern oil and how it supports Israel is delusional thinking? It is a fact that the United States has a certain level of dependence on oil from that region of the world and it is also a fact that the U.S. supports Israel in various ways. Since this premise is true, it is not "delusional" to believe that these factors were implicated in the events of 9-11. I am simply writing to point out the elephant in the room.

As Noam Chomsky said, "If you want to stop terrorism, don't participate in it."

SALEEM AL-NUAIMI, MD
EDMONTON

Cartoon by Michael de Adder



WEIRD NEWS

Not till they're a little older

Officials in South Carolina are moving a school bus stop that was near a strip club after parents complained.

WPDE-TV reports that children had to wait in the parking lot of a strip club in Atlantic Beach to catch the school bus.

Misty Umphries, a mother who waits at the stop with her children, says she had to explain to her four-year-old the meaning of "topless."

Horry County transportation direc-

tor Jim Wright previously said the stop was the central point of four blocks it needed to accommodate.

Wright was concerned that moving the stop to a community centre that parents suggested would require some children to walk farther.

District officials have since decided to create two bus stops in the area. Neither is at the strip club.

A mother of three, Windy Price told WPDE-TV that the bus stop shouldn't be where it is.

"I don't want my children being picked up behind that. I'm not knocking what they do, but I just don't think it's appropriate," she told the local news station.

THE ASSOCIATED PRESS



ALL PHOTOS PROVIDED BY: CIBC

THE RUN

CIBC RUN FOR THE CURE TAKES PLACE ON OCTOBER 2

In 1996, Mike Stevenson, Senior Vice-President for Western Canada, CIBC, signed up for the CIBC Run for the Cure in Kelowna, it was important to support CIBC's involvement in the event and it was a good cause. But on race day, a note "I'm running for my mom" on a runner's bib hit a nerve and led Stevenson to a more heart-felt commitment. "I realized

just how real it is and how this disease affects so many people."

That emotional connection is one that many Canadians have felt... and acted on. The Canadian Breast Cancer Foundation CIBC Run for the Cure today is the largest single-day volunteer-led event raising money and awareness for breast cancer in Canada. Last year, close to 170,000 participants raised \$33 million to fund research, education and awareness programs.

Runs will be held in 59 communities across Canada this year on Oct. 2. Participants will run or walk (most participants actually walk) a 5k or 1k, and it will no doubt be fun, exciting and, at times, emotional.

Teams and other groups of family and friends, some with kids in strollers and dogs, will walk the route together. Some will wear pink wigs or boas; others will carry pink balloons and banners. There will be lots of survivors walking too (and wearing a different colour). Somewhere near the start line participants will post poignant messages for loved ones and others, on the Wall of Hope.

"My kids sign the Wall of Hope in the Durham, Ont. run every year," says Kevin Dove, Senior Director, External Communications, CIBC. "And we always look up previous years' messages. My wife's mother died of breast cancer at an early age. For my kids, participating in the run is a

connection to a grandmother they don't know."

At the end of the day, everyone is running for someone.

"Someone in our office was diagnosed with breast cancer last August," says Colette Ferron, General Manager for CIBC in Toronto, and Run Champion for some 80 branches in the city. "This year, I'm sure a significant number of CIBC employees will be wearing her name."



The newest run location is outside of Canada – in Kandahar. Check out runfortheCure.com/site/TR?fr_id=1370&pg=entry to sponsor someone on the team!

THINK PINK

On Sept. 13, onlookers will likely stop in their tracks as several hundred breast cancer survivors march around Banker's Hall in downtown Calgary.

"The survivors' parade always sends a powerful message of hope to the community as it raises the awareness of breast cancer and the CIBC Run for the Cure," says Nicole Davis, Senior Manager, CIBC Western Region.

The parade is just one of many activities taking place during Think Pink Week to generate excitement and awareness around the upcoming CIBC Run for the Cure.

While most CIBC branches across Canada will be decorated in pink and hold bake sales (think pink cupcakes) and encourage donations in other ways, there will be lots of other fund- and awareness-raising activities too.

In Commerce Court, in Toronto, for example, there will be an area set up with healthy food displays, a breast cancer awareness booth and other information.

In Montreal, an evening gala with dancing and music will be held. Sophie Blouin, Senior Manager, Eastern Region, says 1,000 guests are expected to raise \$80,000.

In Dartmouth, a first-time event will provide information to passers-by. There will be refreshments such as pink lemonade as well as a raffle for a Ford Mustang!

CIBC branches in Edmonton and Vancouver will have afternoon barbecues and feature different speakers including survivors.

"Think Pink Week lets people come out and make a difference in the fight against breast cancer," says Glen Trueman, CIBC Branch Manager, Charlottetown. The city is always decorated with lots of Think Pink banners and signs during the week. "It gives all of us in the different branches the opportunity to work in our communities to increase awareness for a cause we're all fighting for very heavily."

TIME TO STEP UP

WHO ARE YOU RUNNING FOR?

This year's CIBC Run for the Cure participants are being encouraged to not only write the person's name on their bibs but to have it on their shoes too!

It's a unique and fun

campaign, says Diane Gordon, Vice-President, National Development, CBCF – Central Office. "We're encouraging people to paint their own shoes, whether it be running shoes or stilettos or anything you want to paint, to show as an expression of who are you running for."

Check out this video for information on how to paint and decorate your shoes: youtube.com/watch?v=8Jm6UWROC88



BUDDY HOLLY THINKS PINK TOO!

For four years running, the Charlottetown Festival in P.E.I. has generously offered one of its performances as a special awareness show for the CIBC Run for the Cure and breast cancer research. This year Buddy: The Buddy Holly Story has been renamed Buddy Thinks Pink for one night only.

"The hope is that Buddy Holly himself is in the lobby after the show to help collect donations from patrons as they leave," says

Glen Trueman, CIBC Branch Manager in Charlottetown. "It's a tremendous awareness piece for us and draws a lot of attention."

The show is at the Confederation Centre of the Arts.



“THE CIBC RUN FOR THE CURE IS NOW PART OF THE FABRIC THAT MAKES UP OUR ORGANIZATION,”

says Veni Iozzo, Senior Vice-President, Marketing and Strategy, CIBC.

That’s not hard to believe when you consider the run started in 1992 and CIBC has been title sponsor for 15 years and a national sponsor prior to that.

In that first year in Toronto, about 1,500 participants raised \$83,000. In 1993, the run expanded to Vancouver and that’s where CIBC employees got involved showing their support for a colleague who was living with breast cancer. That participation spread across the country and inspired CIBC to become a corporate sponsor.

“This is really a grassroots program. It started with the passion of a few employees and it drove our corporate sponsorship,” says Iozzo.

The strength of the partnership and the deep commitment has evolved over the years, says Diane Gordon, vice president, National Development, CBCF – Central



CIBC RUN FOR THE CURE: MAKING THE MOST OF A BAD SITUATION

Office. “We’re up to raising \$33 million last year... what it takes to have something like that happen is a really true close partner like CIBC who makes it a part of their corporate culture to provide that support in helping to make it grow.”

Team CIBC is responsible for team

registrations, the Pink Collection, training branch employees on donation procedures and contributing to run planning. But all year it supports fund- and awareness-raising. For example, the Pink Tour is a mobile education campaign that stops in different towns and cities. CIBC also partners with St.

Margaret’s Hospital to produce information booklets for patients and survivors.



More than 13,000 CIBC employees (and their friends and families) volunteer for CIBC Run for the Cure.

GET IT WHILE IT’S PINK

When CIBC management in 2007 decided to put the kibosh on fund-raising with pink products by individual branches, there was an uproar by employees.

“So we decided to create a collection, which we called the Pink Collection,” says Angela Sarino, Senior Manager of Cause Sponsorship, CIBC. “It provides a fun way of interacting with people, and it’s easier, I think, for people to raise money when they have something they can give back in exchange.”

CIBC works with suppliers to create products and takes ideas to its employees for their input too. “There are regional taste differences but mostly we want to make sure our employees, who are the face of this campaign, are confident in promoting the products as well.”

It’s also imperative to the program that the most possible money is going back to CBCF. “The unit cost of each product must be 50 per cent or less of what we think we can get for it,” says Sarino, “...

so at least 50 per cent of what the consumer gives is going back to the cause, which is the Canadian Breast Cancer Foundation.”

CIBC Pink Collection hangtags identify the products and the cause, and they also show the suggested contribution amount. “We’re not selling these products... they’re a ‘gift’ with contribution. And, people usually contribute that amount we suggest if not more.”

CBCF is involved in this program right from selecting the products.

Last year, \$1.66 million was raised through the Pink Collection campaign.

NEW CIBC AWARDS ENCOURAGE STUDENTS TO GET INVOLVED TOO!

“There are so many things that helped fuel the growth (of the run) over the years,” says Diane Gordon, Vice President, National Development, Canadian Breast Cancer Foundation – Central. “This year, for example, CIBC introduced the Post-Secondary Student Challenge awards program.”

The program will award 15 education awards totalling \$150,000, to top student fundraisers across the country. Also, the top fundraising school in each region will be recognized.

The overall goal is to encourage students to participate in the run in a meaningful and fun way. It will also build awareness of the importance of taking steps to reduce risk of breast cancer by leading healthy lifestyle.

For more information, visit runfortheure.com/site/PageServer?pagename=2011_Teams_Challenge.



INTRODUCING... THE PINK COLLECTION

THIS YEAR’S CIBC PINK COLLECTION IS ALL NEW AND EXCITING AND AVAILABLE AT YOUR NEAREST CIBC BRANCH. HERE’S WHAT’S IN THE COLLECTION:

- 1 Friendship Bracelet, \$2
- 2 Magnetic Post-it Note Pad, \$4
- 3 Run for the Cure Socks, \$7
- 4 Dog Leash, \$7
- 5 Wristlet (with hot pink lining and black exterior), \$10
- 6 Stainless Steel Travel Mug, \$15



2 scene

Box office



Contagion has infected enough moviegoers to catch the top spot at the box office. Studio estimates released yesterday show that the Warner Bros. pandemic thriller coughed up \$23.1 million in its first weekend.

THE ASSOCIATED PRESS

A 'violent' Drive to remember

► Film garnering positive reactions ► Gosling and film's director forge union



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For a guy who plays a stunt driver that moonlights as a getaway driver in *Drive*, Ryan Gosling says he didn't get a whole lot of time behind the wheel in the film.

"I drove myself to set and I drove myself home," he says with a laugh.

But seriously, though.

"I went to driving school, and I did a lot of the driving. But the cool stuff, I didn't do," he says.

"But it was one of the best prep experiences I've ever had, because I'd basically just show up to this big parking lot, and there'd be a new Camaro or a new Mustang and we'd just ride it to the rims until it was smoking or it wouldn't go anymore, then we'd just go home and they'd tow it away and call us when it was fixed."

Drive was something of a meeting of the minds for Gosling and the film's director, Nicolas Winding-Refn.

"We set out to make a violent John Hughes movie, and I think that's what we did," Gosling says.

The movie wouldn't have happened if REO Speedwagon hadn't come on the radio during a drive



► Canadian Ryan Gosling stars in *Drive*.

the actor and director shared one night while discussing the project.

"So something happened in that car, and Nicolas and I were sharing the same dream and we spent the whole movie trying to figure out how that was possible."

Gosling and Winding-Refn's shared dream apparently worked out great, as the actor and director are jumping into more

projects together already.

They're now developing a remake of *Logan's Run* — a project previously kicked around by a number of filmmakers, including Bryan Singer.

And they're getting ready to shoot a film about Thai kickboxing.

No, really.

"I'm going to start fighting soon. We start in January," Gosling says. "I don't know what he's calling it

yet. But that's the fun of working with Nicolas. You discover it every day. That's why he likes to work chronologically, so that the movie is evolving naturally."

With *Drive* already getting such positive reactions wherever they take it, there's even been talk of a sequel — even if it was originally just in jest.

"We were joking for a while — but maybe it's

not a joke — that it would be a prequel called *Drive 2* where it's about Bernie and Ron Perlman," he says.

Of course, like the first film, any possible *Drive* followup needs to start elsewhere, Gosling explains.

"I did hear that James Sallis was writing some kind of a sequel, so I think we have to defer to him first," he says.

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Monster match for Gaga?

► Singer reportedly dating Vampire Diaries actor Taylor Kinney

Lady Gaga reportedly has a new man in her life: Vampire Diaries actor Taylor Kinney, according to Radar Online.

The two met when Kinney was cast in the video for Gaga's new single, You and I. Things seem to have gotten more serious, according to a source who spotted the pair out at a seaside bar in California recently.

"It was just casual at first, but things are getting pretty hot and heavy," the source says.

"I couldn't tell it was her at first. It just looked like some hot couple making out, but then I realized it was Lady Gaga. Everyone went nuts. She was so sweet too — she even signed some autographs."

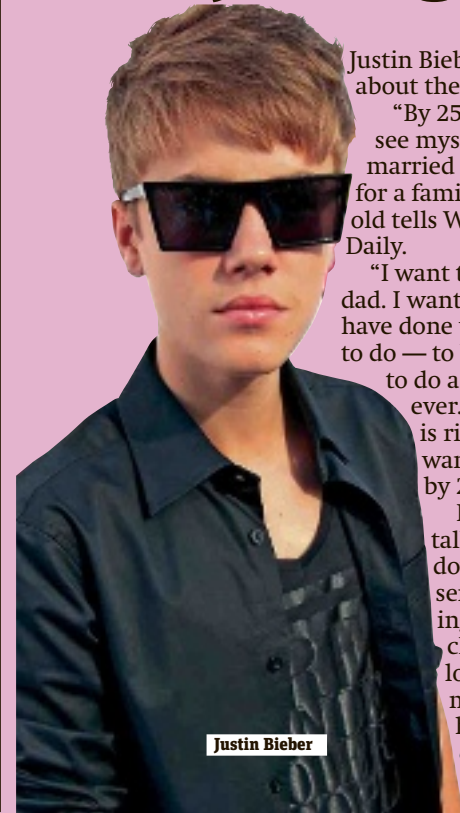
● METRO



► Lady Gaga

KOKI NAGAHAMA/GETTY IMAGES

Biebs wants to be a young dad



Justin Bieber

Justin Bieber is thinking about the future.

"By 25 or 26, I want to see myself, like, married or start looking for a family," the 17 year old tells Women's Wear Daily.

"I want to be a young dad. I want to be able to have done what I wanted to do — to be successful, to do a movie or whatever. But if the time is right, I definitely want to be married by 25."

But with all this talk about settling down, the teen sensation is making one thing clear: "I'm not looking to get married now," he insists.

● METRO

'The queen of cougars'

Her directing work may be receiving luke-warm reviews, but Madonna has other career opportunities, apparently.

Dating website CougarLife.com has reportedly approached the singer about becoming its spokeswoman, explaining that Madonna is "without a doubt the queen of cougars."

The site is offering her \$300,000, plus an additional \$750,000 if she releases a song by Valentine's Day for the site.

● METRO



► Madonna

STEPHEN LOVEKIN/GETTY IMAGES

Celebrity tweets



Preparing to see #Contagion.

I've covered myself in red spots, fake sweat, & I'm working on my loudest in-movie-theater hacking cough #itchy



@kathygriffin

Well I lost to "Deadliest Catch" ... which is another name for my vagina.

@AlbertBrooks

My email doesn't work here in Canada so please excuse while I answer my cousin. "NO. No more money you loser. Drop dead."



@margareto

i wish a food truck would just drive in to my mouth i am starving but so tired

Leo is no thief

A jewelry store employee in Sydney, Australia thought she was about to be robbed recently when a man entered wearing a hoodie, baseball cap and sunglasses, but it turns out it was just Leonardo DiCaprio, according to Hollyscoop.

Before realizing her mistake, the clerk sent a customer to alert the shop's owner.

"The customer actually

leaned in and said, 'Do you want me to call the police?' the store's owner says. "So she rushed in next door, and said, you know, 'There might be a hold up next door.'"

The \$1,600 necklace that DiCaprio ended up purchasing was a gift for his mom and not rumoured girlfriend Blake Lively, according to the store employees.

● METRO

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3 life

Back to school movies

► A few flicks that may help your kid to prepare for the semester

You need this

NotPad

This perfect back-to-school gift looks like an iPad but is really just a notepad. It's great for kids who want to trick their friends — or coworkers whose evil bosses won't buy the real thing.

● MWN



NOTPAD

\$17.99, firebox.com



Parents looking to cut their budgets go back-to-school shopping alone.



Dead Poets Society

Prep-schoolers struggle with academic and parental pressures, finding relief in the wise words of their English teacher (Robin Williams). **QUOTE:** Says the prof: "No matter what

anybody tells you, words and ideas can change the world."

LESSON LEARNED: Carpe Diem! Seize the day!

GOOD FOR: Ages 13 and up. There's a suicide, but it's an instructive one.



Mean Girls

You've either been one — or been tortured by one. Lindsay Lohan plays the new girl, seduced by popular kids until she finds out how shallow they are.

QUOTE: "If only you knew

how mean she really is..."

LESSON LEARNED: Be yourself, even if you have to sit at the nerd table.

GOOD FOR: Ages 11 and up. Show it to your little girls before they become one of the Plastics.



Back to School

An old fart (Rodney Dangerfield) returns to college because...well, there's no real plot reason.

QUOTE: "I think I'm attracted to teachers," says Rodney. "Yeah, I took out an English teacher.

That didn't work out at all. I sent her a love letter... She corrected it!" **LESSON LEARNED:** If you apply yourself, you can do anything.

GOOD FOR: 14 and up. Warning: This film contains sexual content and bad jokes



Billy Madison

Over a few months, an immature goofball (Adam Sandler) repeats grades one through 12, to impress his dad and inherit a company.

QUOTE: "I don't know," says Billy, "I kinda feel like an idiot sometimes. Although I am an idiot, so

it kinda works out" **LESSON LEARNED:** Responsibility. It's sometimes more fun than drinking. Because it may lead to scoring the hot teacher. **GOOD FOR:** Who are you kidding? Your child has seen this already.



Rushmore

A precocious youth (Jason Schwartzman) acts wise beyond his years — until he falls in love with an older woman and finally flails. A divorcing man (Bill Murray) is his best friend and competition.

QUOTE: Says Max: "My top

schools where I want to apply to are Oxford and the Sorbonne. My safety's Harvard."

LESSON LEARNED: Act your age.

GOOD FOR: Those 14 and up. Unless your kid is like Max. In which case, 8.



The Graduate

Benjamin (Dustin Hoffman) finished high school. What's next? An affair with an older lady. **QUOTE:** "It's like I was playing some kind of game, but the rules don't make any sense to me," cries Benjamin. "They're

being made up by all the wrong people. I mean no one makes them up. They seem to make themselves up."

LESSON LEARNED: It's OK to feel lost.

GOOD FOR: Ages 13 and up. Assuming they'll sit still for an old movie.



Ferris Bueller's Day Off

Three high schoolers, led by the ballsy Ferris (Matthew Broderick), skip school and truly live.

QUOTE: "I am not going to sit on my ass as the events that affect me unfold to determine the course of

my life," says Cameron. "I'm going to take a stand. I'm going to defend it."

LESSON LEARNED: Carpe Diem! Again!

GOOD FOR: Never let your kids see this movie. God forbid they get minds of their own.

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Take the lentil dip plunge

► From the grain fields of Saskatchewan to specialty stores across Canada, camelina oil enhances the taste of food ► Try it in this tasty dip

Roasting garlic makes it wonderfully mellow, which you want for this Roasted Garlic and Red Pepper Lentil Dip recipe rather than the pungent flavour it has when fresh.

Camelina oil has a slight nuttiness and is not overly heavy, so it is an ideal addition to dips and dressings.

Serve the dip with slices of baguette, crackers or raw vegetables. It's also great mixed into rice or quinoa salads.

Preparation:

- 1 Lightly oil garlic and red pepper with small amount of the camelina oil; place on a baking sheet and roast in a 180 C (350 F) oven for about 30 minutes, turning often, until garlic skin is



► This recipe makes 625 to 750 ml (2 1/2 to 3 cups).

brown and flesh is softened and pepper is lightly charred. (Add any oil residue left on the pan after roasting to dip

while processing for additional flavour.) Set garlic and pepper aside until cool enough to handle. Squeeze out

Ingredients:

- 50 ml (1/4 cup) camelina oil, divided
- 6 to 8 cloves garlic
- 1/2 sweet red pepper
- 500 ml (2 cups) cooled, cooked red lentils
- Salt and pepper, to taste

cloves and peel pepper.

- 2 In food processor, process lentils, roasted red pepper, roasted garlic until smooth. Slowly add remaining oil while continuing to process to ensure emulsification and smooth texture.

- 3 Season with salt and pepper. **THE CANADIAN PRESS/THREE FARMERS CAMELINA OIL**

Rose Reisman's Swap It

A baked potato is one of the healthiest vegetables to consume, with only 160 calories and no fat or cholesterol. But what you add makes all the difference.



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A surprisingly tasty combo that wows

► This pairing of kebabs and avocado is ideal for get-togethers ► Avocado Tatziki can be used as a dip

These Middle Eastern-inspired beef kebabs are a delectable treat for parties. The refreshing avocado tzatziki adds a hint of tang to the meatballs.

Preparation:

- 1 If using bamboo skewers, soak them in water for about 30 minutes prior to using.
- 2 In a medium bowl, combine all avocado tzatziki ingredients. Chill until ready to serve.
- 3 In a bowl, combine beef, oregano, chili flakes, onion powder, garlic powder, sea salt, cumin, black pepper, breadcrumbs and egg, taking care not to overwork meat. Roll mixture into 18 golf ball-sized meatballs.
- 4 Preheat barbecue to 200 C (400 F). As barbecue is

heating, skewer meatballs (3 per skewer). Grill kebabs on vegetable or stone grill plate for 10 to 15 minutes, turning frequently, until internal temperature registers at 85 C (180 F).

- 5 Alternatively, preheat oven to 190 C (375 F). In a large pan over medium-high heat, sear ke-

babs for 2 minutes per side. Remove from heat and bake for 10 to 13 minutes or until internal temperature registers at 85 C (180 F).

- 6 To serve, place 1 kebab in centre of each pita and remove skewer. Divide tzatziki evenly among pitas. **THE CANADIAN PRESS/ AVOCADOS FROM MEXICO (MISSAVOCADO.COM)**

Ingredients:

Meatball Kebabs

- 500 g (1 lb) extra-lean ground beef
- 15 ml (1 tbsp) oregano
- 2 ml (1/2 tsp) chili flakes
- 2 ml (1/2 tsp) onion powder
- 2 ml (1/2 tsp) garlic powder
- 5 ml (1 tsp) sea salt
- 2 ml (1/2 tsp) cumin
- 1 ml (1/4 tsp) black pepper

- 50 ml (1/4 cup) breadcrumbs
- 1 large egg
- 4 pitas
- 6 skewers

Avocado Tzatziki

- 1 large avocado, mashed
- 125 ml (1/2 cup) diced cucumber
- 45 ml (3 tbsp) plain low-fat yogurt
- 1 garlic clove, minced
- 6 mint leaves, chopped
- 1 lemon, zest and juiced
- 2 ml (1/2 tsp) salt

BREAST CANCER AWARENESS SPECIAL FEATURE



METRO THINKS PINK

October is Breast Cancer Awareness Month, and as always, Metro will be joining the cause. On **Monday October 3** we will run our annual Breast Cancer special feature, with the feature's pages coloured pink for added awareness. We'll focus on the latest in cancer research and will include risk reduction strategies, self-exam tips and even foods that can help treat breast cancer. On the personal side, we will have an essay from a breast cancer survivor, provide tips on how you can support a loved one that might have been diagnosed, and show how fundraising dollars really do help.

Don't miss it – Monday October 3

Put your money where your heart is

► Former Dragon's Den co-star W. Brett Wilson invests in new series ► Show 'celebrates entrepreneurship'

Former Dragons' Den co-star W. Brett Wilson says he's proud of his work on the CBC-TV business investment series, and he's thankful for what the show did to raise his brand.

But the Calgary-based businessman and philanthropist feels his new Slice series Risky Business falls more in line with his personal principles than Dragons' Den ever did.

"I had said publicly, 'If I'm going to do more TV, it has to celebrate entrepreneurship,'" said Wilson, who split from Dragons' Den last February after contract talks failed.

"For me, Dragons' Den isn't living up to the potential of celebrating entrepreneurship. It's raising the profile but we're not really doing all that we could do and that's really the lost opportunity."

"But that's OK, it's not my show. ... Now (with Risky Business) we get a show that actually celebrates entrepreneurship right from start to finish and I jumped all over it."

Debuting tonight (at 9 p.m. ET) on Slice, Risky Business sees Canadian couples — from spouses to siblings and friends — betting their savings on one of two investment opportunities proposed by two different entrepreneurs.

The amount of money the couples cough up ranges from about \$10,000 to \$20,000, and they invest it for just 30 days.

Wilson advises the duos as they decide which investment to pick and then strikes his own deal with the entrepreneur they reject.

After the 30 days is up, Wilson meets up with the investors to assess the results of each of their deals.

"What the show's doing is opening people's eyes to all the other things you can do that are real business, real opportunities," Wilson said during a break from



► Risky Business debuts tonight on Slice.

shooting the show at a mansion just west of Toronto this summer.

"The investors are coming to the show with a whole range of dreams, if you will. In one case, someone wants to help their father buy a retirement home in southern Florida. Another, they want to start saving for a child's education."

Risky Business is based on the British TV show Beat the Bank. Investment opportunities on the Canadi-

an version include house and car flips, a pool tournament, a poker gala and a charity event.

Wilson — who is chairman of Canoe Financial and Prairie Merchant Corporation — said he invested \$150,000 to \$200,000 of his own money during the 13 episodes of the show.

The co-founder of FirstEnergy Capital Corp., can't reveal the results from the deals made on the show, but said "there's been

"For me, Dragons' Den isn't living up to the potential of celebrating entrepreneurship. It's raising the profile but we're not really doing all that we could do and that's really a lost opportunity."

W. BRETT WILSON

some winners and there's been some not-winners."

"I hate calling them losers, but there are some deals that haven't worked out and that's just reality. Frankly, we're not going to pretend that it isn't real. It has happened."

When Wilson's contract talks with Dragons' Den failed, he said he was prepared to walk away from TV forever.

But just four days later, he got a call from the creators of "Risky Business," asking if he'd like to host.

Within 10 days, he had cut a new deal to be back on TV again.

THE CANADIAN PRESS

The nice guy

Business without the bite

► On Dragons' Den, Wilson was known as the generous and nice one, striking more on-air deals (60 of them, 30 of which closed) than the rest of the fire-breathing bunch.

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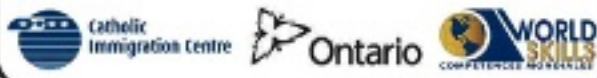
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► Educators nation-wide are buzzing about the incorporation of video into the classroom environment

JOANNA SANDERS BOBIASH/THE CANADIAN PRESS



► Young students watch themselves on replay on a video camera to practice their oral French skills.

Zara Cruickshank's Grade 8 science class is a little different from those of yesterday. Students regularly make mini films or podcasts for class projects, reams of notes are a thing of the past and video is an important part of learning.

As the new school year begins a number of Canadian classrooms are increasingly implementing video as an educational tool to keep their digitally-savvy students engaged and interested.

"It's just easy to focus when it's visual," says Cruickshank. "You can be creative and have fun doing it because you're putting your ideas together to make something for school, to make school easier."

The 13-year-old at Regi-

"Everyone has different learning styles... Video provides the opportunity to almost deliver both (visuals and text) at the same"

JOANNA SANDERS BOBIASH,
TEACHER

na's Ecole Wilfrid Walker is talking specifically about Joanna Sanders Bobiash's classroom.

Bobiash — who travelled to Seattle's Google Teacher Academy this summer to brush up on her web and video skills at the first ever YouTube Teacher Studio — plans to use video a lot more extensively in her classroom this year.

"Everyone has different

learning styles, they learn best in different ways," she says. "Video provides the opportunity to almost deliver both (visuals and text) at the same time. You have visual, you could have written and you have audio at the same time and students can refer to them at their own pace."

The days of classroom video consisting of a TV and VCR rolled in for a lengthy film students could zone out on are over. Bobiash, who teaches science and social studies, uses digital video to deliver information in short, interactive bursts and encourages students to make their own films for projects which can later be posted online through her YouTube channel.

"Before they could only

express themselves in the written form, but now they can express themselves in different ways," said the 35-year-old teacher. "They're really drawn to video when doing research, it helps blend different learning styles better than just reading a bunch of text online."

A concept that really struck her during her time at the Google Teacher Academy was what's being referred to as "flip teaching."

It's when teachers film themselves explaining a concept, or assign an educational video and have the student watch it for homework so they're actively thinking about the subject before it's explored in class the following day.

Bobiash plans to implement more flip teaching at the start of her subject units because she finds students really benefit from the visual component.

"They're not just being

given text to memorize," she says. "I would say they're retaining the information better because they have to understand it."

When that understanding is later demonstrated through class projects, Bobiash says her students often blow her away.

"They really get into what they want to know about and their ability to communicate that is phenomenal," she says.

THE CANADIAN PRESS

High-tech teach

Science on the screen

► High school teacher Shelley Wright says this year, for the first time, her students

will have the option to hand in video labs in place of paper-based lab reports.

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Language Training

To give is to get back

► Multimillion-dollar business owner Radhe Gupta has always come to the table with a commitment to generosity

TURNING POINT

TERESA KRUIZE
 LIFE@METRONEWS.CA



As a young boy growing up in India, Radhe Gupta was already thinking like a businessman.

"If I needed one dollar for school, I'd borrow three. One for school, one for a cushion for myself and the third dollar I would lend to someone that needed it."

Gupta has turned that simple business practice into a multimillion-dollar real estate company in Edmonton.

Expert advice

A mentor and millionaire's advice for aspiring entrepreneurs

► If you need a penny, borrow three

He started buying real estate in 1989, and then got into condominium development.

From there he skillfully guided the company into developing whole communities and commercial property.

The Rohit Group of Companies grossed more than \$150 million last year.

"My advice to future entrepreneurs is, never start any business cash short. You have to make

- Be fair, plus a little bit more
- If you buy right, you can consider it half sold
- Giving is the only way of getting
- Pay on time. Money is best where it belongs.

sure you have extra means to cover the short-falls."

Gupta is telling his story and mentoring others now because he wants to give back to the community and country that gave him and his family so much.

He has a final message for every aspiring entrepreneur and business person reading his story today.

"I want them to think, 'If he can do it, so can I.'"



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The grey hair fallacy

BOOK REVIEW

CRAIG LUND
LIFE@METRONEWS.CA

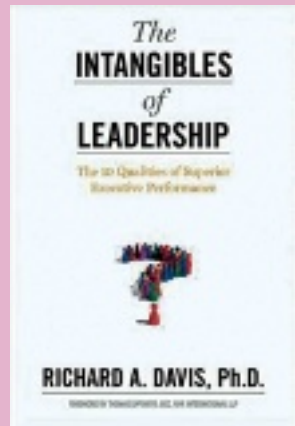


When it comes to picking a leader, a general assumption has been to look at someone

with a lengthy resumé, let's say one with a slew of CEO stints, and assume that success will be imminent.

According to *The Intangibles of Leadership* author Richard A. Davis Ph.D., this assumption — which he refers to as the grey hair fallacy — is not uncommon. "People assume that grey hair is a determinant of success" says Davis.

"CEOs are hired because they have been CEOs before, many times regardless



of what industry or company they come from."

Davis gives the example of Starwood Hotels & Resorts, owners of Le Meridien, Sheraton, Westin and W Hotel brands, hiring of Steven Heyer, then COO and President of Coca-Cola, to lead the global hotel company.

Despite having been publically lauded by Starwood Chairman Barry Sternlicht as "a marketer

who has championed some of the world's most valuable and global brands," Heyer did not work out.

When it came to fit, Heyer's leadership style, a direct and hard-nosed approach, was not a match for Starwood culture.

Davis points out that "leaders aren't wise as a result of their experiences. They are wise because of their ability to utilize those experiences."

More importantly, age is not a precursor. A management psychologist by trade, Davis' book describes what he refers to as the "intangibles of leadership."

Wisdom being one of these characteristics, others include executive maturity, integrity, self-insight, fallibility and fortitude.

CRAIG LUND, IS THE PRESIDENT OF MARKETING SERVICES FIRM MARKETING TALENT INC. AND CAN BE REACHED AT CLUND@MARKETINGTALENTINC.COM OR ON TWITTER @CRAIGLUND

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BEN KNIGHT
LIFE@METRONEWS.CA

Have you ever strolled along a lovely shore, and had the wind taken somewhat out of your sails by the sight of even a single piece of litter?

You're not alone. In many urban environments, shorelines offer the closest, most convenient bit of nature most Canadians see on a daily basis. That's why keeping them clean is so important. And that's why the Vancouver Aquarium, WWF-Canada and Loblaw are teaming up this month to offer a simple, hands-on way to get involved.

The Great Canadian

Shoreline Cleanup runs from Sept. 17 through 25.

"There are many great things about this program, but the one I really like is that it is available to absolutely everyone," says the Vancouver Aquarium's Jill Dwyer, program manager for the cleanup. "I've seen parents cleaning up shorelines along with their babies, and this year we have a site co-ordinator in his '80s."

Getting involved is easy. Visit the website — shorelinecleanup.ca — and register either as a participant or local co-ordinator. Co-ordinators get to organize and run their local cleanup. Participants just need to show up.

"It started back in 1994



► Canadian lakes, streams and wetlands need your help.

with just a handful of Vancouver Aquarium employees, who were taking part in the International Coastal Cleanup," she recalls. "Then it grew to be a B.C.-wide program, and in 2002 it went national. Every year since 2003,

we've had cleanups happening in every province and territory across Canada."

Shoreline litter is unsightly and annoying, but it can also be deadly for birds and aquatic animals. "We're trying ensure it

doesn't get into the water and become aquatic debris," Dwyer says.

"That can lead to toxic chemicals in the water, it can entangle the animals that live there, or they can ingest it and either choke or falsely think they are

Last year

The cleanest and the dirtiest

► Statistics In 2010's Great Canadian Shoreline Cleanup, the cleanest shore in Ontario was Running Creek in Crothers Conservation Area, near Wallaceburg, with just 0.1 kg of waste per kilometer. The dirtiest was Sydenham Lake, Kingston — 5000 kg/km!

full, not getting the nutrients they need."

Lakes, streams, rivers, wetlands — anywhere land meets water. One week's co-ordinated effort in September can make a big difference throughout the year. This is the perfect, simple way to make a real contribution.

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Heart of the Rideau Canal

PHOTO CREDIT: SIMON LUNN

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I loathe buying anything plastic. Are there plastic-free compost bins? *Kelly of London*

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I completely understand. You're on a plastic diet. And of all the diets — Atkins, Blood Type, 100-mile, Cabbage Soup —

it's one of the most challenging to stick with.

Most-city issued compost bins are made from plastic, probably because it's durable, cheap to make, and keeps vermin out. You could check out options at local hardware stores, but chances are they'll carry plastic varieties, too.

Aside from sourcing an alternative online,



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your best option is to do-it-yourself. Make a compost bin of your very own! That way, you can customize the size to suit your yard and reuse materials like scrap lumber, wooden pallets, cement blocks, wire, snow fencing, a garbage bin, or even an old barrel.

You can find many different compost bin plans online. Here's my favourite link with a total of nine options by RRFB Nova Scotia: rrfb.com. They offer a list of materials and tools needed, as well as an image of the finished product!

Keep in mind that no

matter the design, location is everything. A common rookie mistake is to put the bin at the farthest corner of the yard. No matter where you live — whether it's a cold winter day in London, Ont., or raining in Vancouver, BC — make composting more enjoyable by making your bin accessible, so you're more likely to use it.

Place it close to the door where you have a short path, allowing you to dash out at any time of year unscathed.



David Suzuki Foundation

Dwell on playoffs nevermore

► Ravens take off after forcing Steelers to six second-half turnovers

The Baltimore Ravens had just beaten their bitter rivals in record-breaking fashion, and some of the players felt inclined to put some perspective on their 35-7 manhandling of the defending AFC champion Pittsburgh Steelers.

Although their blowout victory yesterday provided some payback for January's playoff loss, coach John Harbaugh said the Ravens are focused on this season.

And Baltimore could not have started it any better.

Joe Flacco threw three touchdown passes, Haloti Ngata led an inspired defence that forced a team-record seven turnovers, and the Ravens rolled to a win.

"The whole thing about ghosts, demons, monkeys on your back — that's not real to us," Harbaugh said.

Ray Rice ran for 107 yards and scored twice for the Ravens, who took an early 14-0 lead. It was a re-

match of last season's second-round playoff game that the Steelers won 31-24.

That day, the Ravens let a 21-7 halftime lead slip with three third-quarter turnovers. At halftime yesterday, Baltimore's Ray Lewis spoke up.

"They were saying, 'We've been here before,'" the linebacker said. "No, we haven't been here before. This is a whole new year."

This time, the Ravens got three takeaways in the third quarter to turn a 21-7 advantage into a rout.

Ben Roethlisberger, who had won seven straight against the Ravens, was 22 for 41 for 280 yards and threw three picks.

"I guess they were waiting for this one," Roethlisberger said. "It's not the way you want to start it for us, obviously, (but) I'd rather this be a Week 1 loss than a Week 13, 14, 15 loss." **THE ASSOCIATED PRESS**



► Defenders Lardarius Webb and Jarret Johnson of the Ravens hit Steelers quarterback Ben Roethlisberger in Baltimore yesterday.

Around the NFL

In other action yesterday:

- Ryan Fitzpatrick threw four touchdown passes, two of them to journeyman tight end Scott Chandler, and the Buffalo Bills romped to a season-opening 41-7 victory over the Kansas City Chiefs.
- Brian Urlacher had an interception and returned a fumble for a touchdown, Jay Cutler threw for 312 yards and two scores, and the Chicago Bears pounded

Matt Ryan and the Atlanta Falcons 30-12.

- Matthew Stafford threw for 305 yards and three touchdowns to help the Detroit Lions beat the Tampa Bay Buccaneers 27-20 for their fifth consecutive victory dating to the final month of the 2010 season.
- The Indianapolis Colts looked lost without Peyton Manning and the Houston Texans took advantage, as Matt Schaub threw for 220 yards and a touchdown in a 34-7 rout.



► Blue Jay Mike McCoy pats Jose Bautista on the back after Bautista's seventh-inning RBI.

Bautista, rookies carry Jays to victory

Jose Bautista's sacrifice fly in the seventh inning brought home the winning run as the Toronto Blue Jays edged the Baltimore Orioles 6-5 yesterday.

Bautista's RBI capped a three-run seventh that also saw rookies David Cooper and Adam Loewen of Surrey, B.C., belt solo homers for Toronto at Rogers Centre.

6

BLUE JAYS

5

ORIOLES

the three-game series.

Loewen, who once pitched for the Orioles before injuries ended that phase of his career, had two hits, including his first major-league homer against Tommy Hunter (3-4), who took a 5-3 lead into the seventh.

Frank Francisco pitched the ninth for his 14th save. **THE CANADIAN PRESS**

4
sports

Quoted



"I think I had one of my best days. I'm very fortunate to do it on this stage."

AUSTRALIA'S SAMANTHA STOSUR AFTER DEFEATING AMERICAN SERENA WILLIAMS IN THE U.S. OPEN WOMEN'S FINAL IN NEW YORK YESTERDAY. THE 6-2, 6-3 VICTORY WAS JUST THE THIRD TITLE AT ANY TOUR-LEVEL EVENT FOR THE 27-YEAR-OLD STOSUR.

"She played really, really well. She's a great player, and it's good to see. I tried my hardest and she kept hitting winners and I was, 'Oh my God, what am I doing?'"

SERENA WILLIAMS

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
New York	88	57	.607	—
Boston	85	61	.582	3½
Tampa Bay	81	64	.559	7
Toronto	74	73	.503	15
Baltimore	58	87	.400	30
CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	84	62	.575	—
Chicago	73	72	.503	10½
Cleveland	72	72	.500	11
Kansas City	62	86	.419	23
Minnesota	59	87	.404	25
WEST DIVISION				
	W	L	Pct	GB
Texas	83	64	.565	—
Los Angeles	80	66	.548	2½
Oakland	66	80	.452	16½
Seattle	61	85	.418	21½

Yesterday's results
Detroit 2 Minnesota 1
Toronto 6 Baltimore 5
Tampa Bay 9 Boston 1
Cleveland 7 Chicago White Sox 3
Texas 8 Oakland 1
N.Y. Yankees 6 L.A. Angels 5
Kansas City 2 Seattle 1
Saturday's results
Toronto 5 Baltimore 4
Chicago White Sox 7 Cleveland 3 (10 ings)
Detroit 3 Minnesota 2
Oakland 8 Texas 7
Tampa Bay 6 Boston 5 (11 ings)
L.A. Angels 6 N.Y. Yankees 0
Kansas City 4 Seattle 2
Tonight's games
Tampa Bay (Niemann 9-7) at Baltimore (Britton 9-9), 7:05 p.m.
Detroit (Porcello 13-8) at Chicago White Sox (Danks 6-11), 8:10 p.m.
L.A. Angels (Pineiro 6-6) at Oakland (G.Gonzalez 12-12), 10:05 p.m.
N.Y. Yankees (P.Hughes 4-5) at Seattle (F.Hernandez 14-11), 10:10 p.m.
Tomorrow's games
Tampa Bay at Baltimore, 7:05 p.m.
Toronto at Boston, 7:10 p.m.
Cleveland at Texas, 8:05 p.m.
Detroit at Chicago White Sox, 8:10 p.m.
Minnesota at Kansas City, 8:10 p.m.
L.A. Angels at Oakland, 10:05 p.m.
N.Y. Yankees at Seattle, 10:10 p.m.

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CANADIAN SENIOR CHAMPIONSHIP
At Langley, B.C.
(Best-of-7)
All Times Eastern
BRAMPTON (ONT.) VS. LANGLEY (B.C.)
(Brampton leads series 2-1)
Last night's result
Brampton vs. Langley
Saturday's result
Brampton 8 Langley 7
Tonight's game
Brampton vs. Langley, 10:45 p.m.
Wednesday's game
x-Brampton vs. Langley, 10:45 p.m.

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Philadelphia	94	49	.657	—
Atlanta	84	63	.571	12
New York	71	74	.490	24
Washington	67	77	.465	27½
Florida	66	79	.455	29
CENTRAL DIVISION				
	W	L	Pct	GB
Milwaukee	86	62	.581	—
St. Louis	79	67	.541	6
Cincinnati	71	75	.486	14
Pittsburgh	66	80	.452	19
Chicago	63	82	.434	21½
Houston	49	97	.336	36
WEST DIVISION				
	W	L	Pct	GB
Arizona	85	62	.578	—
San Francisco	76	70	.521	8½
Los Angeles	72	73	.497	12
Colorado	69	77	.473	15½
San Diego	63	84	.429	22

Yesterday's results
Florida 4 Pittsburgh 1
Washington 8 Houston 2
Milwaukee 3 Philadelphia 2
St. Louis 6 Atlanta 3
Colorado 4 Cincinnati 1
San Francisco 8 L.A. Dodgers 1
San Diego 7 Arizona 6
Chicago Cubs at N.Y. Mets
Saturday's results
Chicago Cubs 5 N.Y. Mets 4
Colorado 12 Cincinnati 7
Florida 3 Pittsburgh 0
Houston 9 Washington 3
Philadelphia 3 Milwaukee 2 (10 ings)
St. Louis 4 Atlanta 3
Arizona 6 San Diego 5 (10 ings)
L.A. Dodgers 3 San Francisco 0
Tonight's games
St. Louis (Lohse 13-8) at Pittsburgh (Lincoln 1-2), 7:05 p.m.
Chicago Cubs (R.Lopez 4-6) at Cincinnati (Willis 0-5), 7:10 p.m.
Florida (Volstad 5-12) at Atlanta (Beachy 7-2), 7:10 p.m.
Washington (Detwiler 2-5) at N.Y. Mets (Dick-ey 8-11), 7:10 p.m.
Philadelphia (Oswalt 7-8) at Houston (Myers 4-13), 8:05 p.m.
Arizona (J.Saunders 10-12) at L.A. Dodgers (Surkamp 1-0), 10:10 p.m.
San Diego (Harang 13-5) at San Francisco (Lilly 9-13), 10:10 p.m.
San Diego (Harang 13-5) at San Francisco (Surkamp 1-0), 10:15 p.m.
Tomorrow's games
St. Louis at Pittsburgh, 7:05 p.m.
Chicago Cubs at Cincinnati, 7:10 p.m.
Florida at Atlanta, 7:10 p.m.
Washington at N.Y. Mets, 7:10 p.m.
Philadelphia at Houston, 8:05 p.m.
Colorado at Milwaukee, 8:10 p.m.
Arizona at L.A. Dodgers, 10:10 p.m.
San Diego at San Francisco, 10:15 p.m.

BASKETBALL

FIBA AMERICAS 2012 OLYMPIC QUALIFYING

At Mar del Plata, Argentina
Last night's results
BRONZE MEDAL
Dominican Republic 103 Puerto Rico 89
GOLD MEDAL
Brazil vs. Argentina

BLUE JAYS 6, ORIOLES 5

Baltimore	ab	r	h	bi	Toronto	ab	r	h	bi
Angle cf	3	2	1	1	McCoy ss	3	3	2	0
Hardy ss	4	0	0	0	ETHms lf	4	1	2	0
Markks rf	4	0	2	2	Bautist rf	3	0	1	2
Guerr dh	3	0	0	1	Lind dh	4	0	1	1
Wleters c	5	0	0	1	Lawrie 3b	4	0	0	1
MrRynl 1b	4	0	0	0	KJhnsn 2b	4	0	0	0
KHdsn pr	0	0	0	0	Cooper 1b	3	1	1	1
C.Davis 3b	3	2	1	0	Arenci c	4	0	0	0
Reimld lf	3	1	2	0	Loewen cf	3	1	2	1
Andino 2b	4	0	1	0	Wise cf	0	0	0	0
Totals	33	5	7	5	Totals	32	6	9	6
Baltimore					110	201	000	5	
Toronto					201	000	30x	6	
E—Mar.Reynolds (29).LOB—Baltimore 11, Toronto 5.2B—Markakis (26), C.Davis (7), McCoy (6).HR—Cooper (2), Loewen (1).SB—K.Hudson (2), C.Davis (1).S—McCoy. SF—Guerrero, Bautista.									
Baltimore	IP	H	R	ER	BB	SO			
Tom.Hunter L,3-4	61-3	9	6	4	0	5			
Eyre	1-3	0	0	0	0	0			
Rapada	1-3	0	0	0	0	0			
Bergesen	1	0	0	0	1	0			
Toronto									
McGowan	3	3	4	4	5	0			
C.Villanueva	2	3	0	0	1	1			
Camp	1	1	1	1	2	1			
Carreno W,1-0	1	0	0	0	0	1			
Janssen H,7	1	0	0	0	0	0			
F.Francisco S,14-18	1	0	0	0	1	2			
T—3:01. A—14,235 (49,260).									

CFL

WEEK 11

EAST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Winnipeg	10	7	3	0	242	229	14		
Montreal	10	6	4	0	229	227	12		
Hamilton	10	5	5	0	273	270	10		
Toronto	10	2	8	0	206	290	4		
WEST DIVISION									
Calgary	10	7	3	0	269	258	14		
Edmonton	10	6	4	0	317	251	12		
B.C.	10	4	6	0	260	225	8		
Saskatchewan	10	3	7	0	237	283	6		

Yesterday's results
Montreal 43 Hamilton 13
Saskatchewan 45 Winnipeg 23
Saturday's results
B.C. 28 Toronto 6
Friday's result
Calgary 30 Edmonton 20

WEEK 12

All times Eastern
Friday, Sept. 16
Edmonton at Hamilton, 7:30 p.m.
Saturday, Sept. 17
Toronto at Saskatchewan, 4 p.m.
B.C. at Calgary, 7 p.m.
Sunday, Sept. 18
Winnipeg at Montreal, 1 p.m.

GOLF

LPGA NW ARKANSAS CHAMPIONSHIP

At Rogers, Ark.
Par 71 — Final Round
(x—won on first playoff hole)
x-Yani Tseng, \$300,000 66-67-68—201
Amy Yang, \$182,127 69-64-68—201
Ai Miyazato, \$132,120 69-67-66—202
Cristie Kerr, \$102,205 69-66-68—203
Sandra Gal, \$68,636 70-70-64—204
Amy Hung, \$68,636 71-67-66—204
Belen Mozo, \$68,636 71-65-68—204

NFL

WEEK ONE

AMERICAN CONFERENCE

EAST					
	W	L	T	Pct	PF
Buffalo	1	0	0	1.000	41
Miami	0	0	0	.000	0
New England	0	0	0	.000	0
N.Y. Jets	0	0	0	.000	0

SOUTH					
	W	L	T	Pct	PF
Houston	1	0	0	1.000	34
Jacksonville	1	0	0	1.000	16
Tennessee	0	1	0	.000	14
Indianapolis	0	1	0	.000	7

NORTH					
	W	L	T	Pct	PF
Baltimore	1	0	0	1.000	35
Cincinnati	1	0	0	1.000	27
Cleveland	0	1	0	.000	17
Pittsburgh	0	1	0	.000	7

WEST					
	W	L	T	Pct	PF
San Diego	1	0	0	1.000	24
Denver	0	0	0	.000	0
Oakland	0	0	0	.000	0
Kansas City	0	1	0	.000	7

NATIONAL CONFERENCE

EAST					
	W	L	T	Pct	PF
Washington	1	0	0	1.000	28
Philadelphia	1	0	0	1.000	31
Dallas	0	0	0	.000	0
N.Y. Giants	0	1	0	.000	14

SOUTH					
	W	L	T	Pct	PF
New Orleans	0	1	0	.000	34
Tampa Bay	0	1	0	.000	20
Carolina	0	1	0	.000	21
Atlanta	0	1	0	.000	12

NORTH					
	W	L	T	Pct	PF
Chicago	1	0	0	1.000	30
Detroit	1	0	0	1.000	27
Green Bay	1	0	0	1.000	42
Minnesota	0	1	0	.000	17

WEST					
	W	L	T	Pct	PF
San Francisco	1	0	0	1.000	33
Arizona	1	0	0	1.000	28
Seattle	0	1	0	.000	17
St. Louis	0	1	0	.000	13

Yesterday's results
Arizona 28 Carolina 21
Baltimore 35 Pittsburgh 7
Buffalo 41 Kansas City 7
Chicago 30 Atlanta 12
Cincinnati 27 Cleveland 17
Detroit 27 Tampa Bay 20
Houston 34 Indianapolis 7
Jacksonville 16 Tennessee 14
Philadelphia 31 St. Louis 13
San Diego 24 Minnesota 17
San Francisco 33 Seattle 17
Washington 28 N.Y. Giants 14
Dallas at N.Y. Jets
Thursday's result
Green Bay 42 New Orleans 34
Tonight's games
New England at Miami, 7 p.m.
Oakland at Denver, 10:15 p.m.

TENNIS

U.S. OPEN

At New York
YESTERDAY
WOMEN
Singles — Championship
Sam Stosur (9), Australia, def. Serena Williams (28), U.S., 6-2, 6-3.
Doubles — Championship
Liezal Huber and Lisa Raymond (4), U.S., def. Vania King, U.S., and Yaroslava Shvedova (3), Kazakhstan, 4-6, 7-6 (5), 7-6 (3).

JUNIORS
Boys
Singles — Championship
Oliver Golding (13), Britain, def. Jiri Vesely (1), Czech Republic, 5-7, 6-3, 6-4.
Doubles — Championship
Robin Kern and Julian Lenz, Germany, def. Maxim Dubarenco, Moldova, and Vladyslav Manafov, Ukraine, 7-5, 6-4.
Girls
Singles — Championship
Grace Min, U.S., def. Caroline Garcia (1), France, 7-5, 7-6 (3).
Doubles — Championship
Irina Khromacheva, Russia, and Demi Schuurs (6), Netherlands, def. Gabrielle Andrews and Taylor Townsend, U.S., 6-4, 5-7, 10-5 (tiebreak).

SATURDAY

MEN
Singles — Semifinals
Novak Djokovic (1), Serbia, def. Roger Federer (3), Switzerland, 6-7 (7), 4-6, 6-3, 6-2, 7-5.
Rafael Nadal (2), Spain, def. Andy Murray (4), Britain, 6-4, 6-2, 3-6, 6-2.
Doubles — Championship
Jurgen Melzer, Austria, and Philipp Petzschner (9), Germany, def. Mariusz Fyrstenberg and Marcin Matkowski (6), Poland, 6-2, 6-2.
WOMEN
Singles — Semifinals
Serena Williams (28), U.S., def. Caroline Wozniacki (1), Denmark, 6-2, 6-4.
Sam Stosur (9), Australia, def. Angelique Kerber, Germany, 6-3, 2-6, 6-2.

CYCLING

VUELTA A ESPANA

At Madrid
Final Stage
95.63 kilometres
1. Peter Sagan, Slovakia, Liguigas-Cannondale, two hours, 20 minutes, 59 minutes; 2. Daniele Bennati, Italy, Leopard Trek, same time; 3. Alessandro Petacchi, Italy, Lampre, s.t.; 4. John Degenkolb, Germany, HTC, s.t.; 5. Nikolas Maes, Belgium, Quick Step, s.t.; 6. Pim Ligthart, Netherlands, Vacansoleil, s.t.; 7. Christopher Sutton, Australia, sky, s.t.; 8. Koen De Kort, Netherlands, Skil Shimano, s.t.; 9. Bauke Mollema, Netherlands, Rabobank, s.t.; 10. Vicente Reynes, Spain, Omega Pharma Lotto, s.t.
OVERALL STANDINGS
(final after 21 stages)
1. Juan Jose Cobo, Spain, Geox, 84 hours, 59 minutes, 31 seconds; 2. Christopher Froome, Britain, Sky, 13 seconds behind; 3. Bradley Wiggins, Britain, Sky, 1:39; 4. Bauke Mollema, Netherlands, Rabobank, 2:03; 5. Denis Menchov, Russia, Geox, 3:48; 6. Maxime Monfort, Belgium, Leopard Trek, 4:13; 7. Vincenzo Nibali, Italy, Liguigas-Cannondale, 4:31; 8. Jurgen Van Den Broeck, Belgium, Omega Pharma Lotto, 4:45; 9. Daniel Moreno, Spain, Katusha, 5:20; 10. Mikel Nieve, Spain, Euskaltel-Euskadi, 5:33.

SOCCER

MLS

EASTERN CONFERENCE					
	GP	W	L	T	GF
Columbus	27	11	9	7	33
Kansas City	28	10	8	10	43
Philadelphia	27	8	7	12	35
Houston	28	8	9	11	34
D.C. United	25	8	7	10	37
New York	27	6	6	15	42
Chicago	27	4	8	15	30
New England	28	5	11	12	32
Toronto	29	5	12	12	30

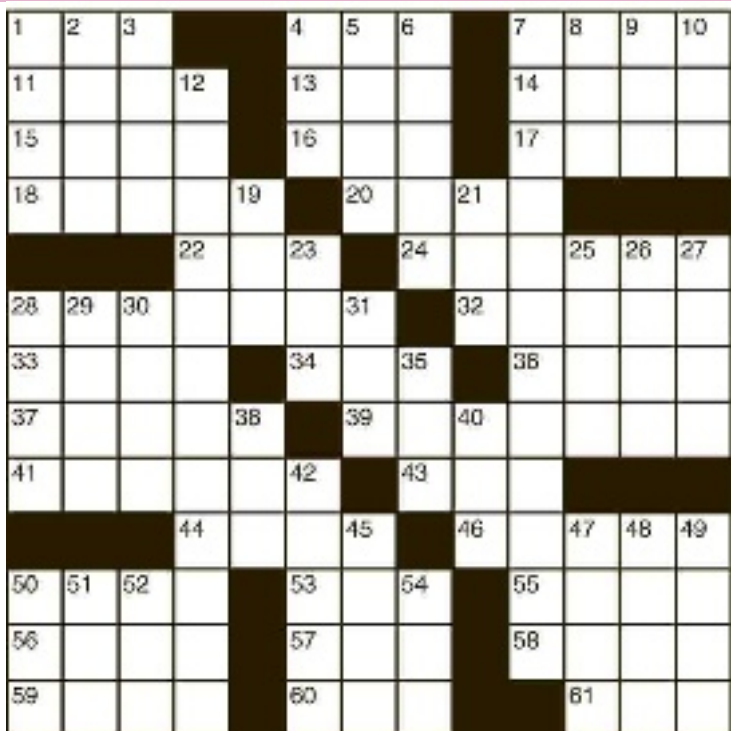
WESTERN CONFERENCE					
	GP	W	L	T	GF
Los Angeles	28	15	3	10	40
Seattle	28	13	6	9	43
Dallas	28	13	8	7	36
Real Salt Lake	26	13	7	6	37
Colorado	29	10	8	11	39
Portland	27	9	12	6	33
Chivas USA	28	7	11	10	32
San Jose	27	6	10	11	29
Vancouver	27	4	13	10	28

Note

Crossword

Across

1 Assn.
4 Photo, for short
7 Brussels-based alliance
11 Reddish horse
13 Parisian pal
14 Valhalla VIP
15 Othello's foe
16 Carpet
17 "Finding —"
18 \$1,000
20 Long story
22 Pick a target
24 Saskatchewan's capital
28 Mixture
32 NYC Marathon founder Fred
33 Body powder
34 Hoover, for one
36 Hawaiian fowl
37 Acrylic fiber
39 At ease
41 Interlocked
43 Kids' card game
44 Wilson of "Midnight in Paris"
46 Cockpit occupant
50 First victim
53 Journal
55 Verdi opera
56 Short skirt
57 Actress Gardner
58 Black (Fr.)
59 "Back in Black" rock band
60 Sweet potato
61 Trawler need
Down
1 First (Abbr.)
2 Sound from 47-Down
3 Pop singer Lady —



4 Standard
5 Radio host Don
6 Stogie
7 One approaching 100
8 Citric drink
9 Allen or Curry
10 John's Yoko
12 Virgin, to a bartender
19 Use a shovel
21 Solidify
23 Crazy
25 Mountain goat
26 Zilch
27 Dumbstruck
28 Molecule component
29 Stallion's partner
30 "— Well That Ends Well"
31 Scratch
35 Kitten's call
38 Fresh
40 Once around the track
42 Postpone
45 — Scotia
47 Jungle critter
48 Garfield's pal
49 Small pie
50 "I — Camera"

51 Pen name? 52 Conclusion
54 Group of whales

► Friday's answer



For today's crossword answers and for expanded horoscopes, go to metronews.ca

that what you have to tell them is not what they want to hear.

♊ **Capricorn** Dec. 22-Jan. 20

This is exactly the right time to finalize plans and commit yourself to a goal you may have been unsure about before. Go for it!

♒ **Aquarius** Jan. 21-Feb. 18

Your ideas are as good as anyone else's ideas so don't think of changing them just because certain individuals seem unimpressed.

♓ **Pisces** Feb. 19-March 20.

Sometimes it feels good to let it all out — for you, if not for everyone else! ● **SALLY BROMPTON**

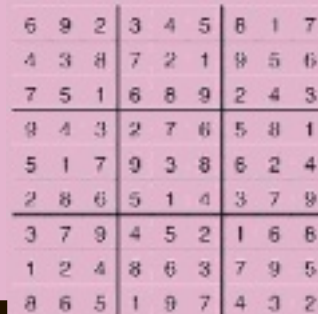
Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Pie

When times are tough and things get you down. Think of your muffin being around. When I think of you pie, I wonder why your not here by my side. Baking with you is a treat. I've been missing you taking a seat! Hope to see you this week.

FROM MUFFINMAN

Someone

Can you pl. be specific with initials? If it is me, I must know that. FROM SOMEONE

Tristan Larson

I happen to regret a lot in my life, things i wish i did different, things i wish never happened, but truth be told all of it happened for a reason and that reason is to have met you, i may not know how you feel towards me but i know what i feel for you, and what i feel every time i talk to you.

FROM FLIPPY

Today
25°/16°
Thundershowers
60%

Tuesday
26°/10°
Thundershowers
40%

You could win a Dell laptop.
Watch your morning forecast from 8-11am for the word of the day.
TheWeatherNetwork.com/Win
©The Weather Network 2011

Today's horoscope

♈ **Aries** March 21-April 20 If there are things you need to discuss wait until later in the week.

♉ **Taurus** April 21-May 21 The less you reveal about your plans the better.

♊ **Gemini** May 22-June 21 Keep a cool head and don't let the pressure get to you.

♋ **Cancer** June 22-July 22 It may be annoying that family members don't seem that interested in what you are up to but they have their own lives to deal with.

♌ **Leo** July 23-Aug. 23 Make every

word count. Try not to be rude though.

♍ **Virgo** Aug. 24-Sept. 22 Not everyone merits your help but it will pay you to be kind even to those who do not deserve it.

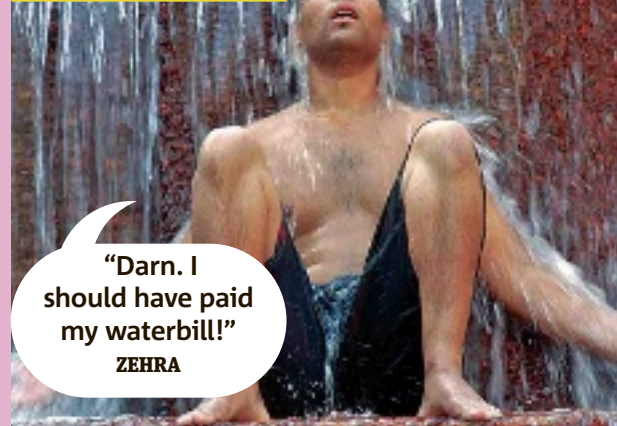
♎ **Libra** Sept. 23-Oct. 23 Face up to reality today, no matter how unappealing it may be.

♏ **Scorpio** Oct. 24-Nov. 22 You will find it hard to stay focused today as the full moon pulls you first this way then that.

♐ **Sagittarius** Nov. 23-Dec. 21 Be honest with friends and colleagues today, even if you know



Caption contest



"Darn. I should have paid my waterbill!"

ZEHRA



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



True Appiness


Download the METRO APP for your iPad, Android, BlackBerry and iPhone.



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metro

I'm running to inspire others to do the same.

Join us on **Sunday, October 2** for the
Canadian Breast Cancer Foundation
CIBC  Run for the Cure[†]

Visit a CIBC branch today, make a donation and select
a gift from the CIBC Pink Collection™.

Visit cibc.com/runforthecure
and like us on  [/cibccommunitymatters](https://www.facebook.com/cibccommunitymatters)



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For what matters.

Rosey Edeh
Senior Reporter,
Entertainment Tonight Canada

